



Celebrating April

Stress Awareness Month

Jazz Appreciation Month

Adopt a Greyhound Month

Golden Rule Week

April 1–7

Passover

April 12–20

Tartan Day

April 6

Metric System Day

April 7

**International Moment
of Laughter Day**

April 14

Easter

April 20

Earth Day

April 22

DNA Day

April 25

Hug an Australian Day

April 26



Family Tip Sheet for LTC Home Resident Outings during Hot Weather

Increased physical activity generates additional body heat and sun exposure can significantly add to the body's heat production. Therefore, families who take residents out on activities during the summer months are strongly encouraged to take extra care and attention. The signs and symptoms of heat related illness could occur quite quickly with little or no prior warning. In hot weather conditions, the changes can occur suddenly with no warning. While the following tips are general in nature, families are always encouraged to check regarding any special fluid restrictions, diet needs, medications or other issues that may interfere with a resident's ability to tolerate the heat.

Warm Weather

- **Clothing:** a resident should wear loose, lightweight, light colored clothing. A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes
- **Nourishments:** frequent, smaller meals may be more easily tolerated during hot weather. Encourage fluids before, during and after meals, as appropriate to avoid dehydration. Between meals, frequently offer cool fluids like water, fruit juices and electrolyte replacement drinks. Other hydrating/cooling choices for snacks include frozen popsicles, juice bars, ice cream, sherbet and watermelon. Alcohol is dehydrating and should be avoided.
- **Physical activity:** keep physical activity to a minimum. Allow for frequent rests and encourage rest even if the individual does not indicate being tired. Attempt to stay indoors between 11:00 AM and 4:00 PM, the warmest part of the day.
- **Staying cool:** with safety in mind, use a battery powered or hand held fan to provide some breeze during warm weather. Keep cool cloths handy to apply to the face, neck and arms. Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.

Severe/Hot Weather

In addition, families should:

- Consider canceling outings. Transportation should be where possible air-conditioned vehicles
- Keep outings limited to destinations that are air-conditioned such as shopping malls, community centers, and places of worship or air-conditioned homes.

If resident describes or families suspect any signs or symptoms of hot weather related illness, quickly find the individual a seat in a shaded or air conditioned environment and rapidly cool them with wet clothes or water baths. Get emergency medical assistance immediately.

In addition, when returning the resident to the facility, report to the appropriate staff how the resident tolerated the heat and activity, including how much fluid the resident drank as well as any concerns relating to the general wellbeing and health of the resident.

While out, ask or look for the following signs or symptoms of hot weather related illness:

Ask if They Feel	Look for
Shortness of Breath	Shortness of Breath
Palpitations, throbbing headache	Hot dry skin, flushed skin
Muscle cramps, extreme weakness	Confusion
Nausea, dizziness, light headed	Lack of coordination
Feeling faint, tingling in hands or feet	Unusual swelling of feet and/or ankles

Fundscript Promotions

<p>Aerie</p>  <p>8% 6%</p>	<p>American Eagle®</p>  <p>8% 6%</p>
<p>AnyCard</p>  <p>10% 5%</p>	<p>AnyCard BIRTHDAY</p>  <p>10% 5%</p>
<p>AnyCard DINE</p>  <p>10% 5%</p>	<p>AnyCard EATZ</p>  <p>10% 5%</p>
<p>AnyCard KIDZ</p>  <p>10% 5%</p>	<p>AnyCard PLAY</p>  <p>10% 5%</p>
<p>Boston Pizza</p>  <p>10% 2%</p>	<p>Build-A-Bear Workshop®</p>  <p>11% 2%</p>
<p>HomeSense</p>  <p>8% 6%</p>	<p>Marshalls</p>  <p>8% 6%</p>
<p>Shell</p>  <p>3% 2%</p>	<p>WINNERS</p>  <p>8% 6%</p>

For more information,
contact Tracey Wellon at
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Special Dates in May

Mall Dates

May 6th

May 13th

May 20th

May 27th

Take out supper

Metro Subs May 26th



Meal outing

Kelsey's Thursday, May 8th

KELSEYS
original
ROADHOUSE

Picnic Dates

Wednesday May 28th

Hello Family Members!

Our next Family Council meeting will be a hybrid meeting: Thursday May 22 from 7:00-7:30pm You can join us on Zoom or in person at the Bennett Centre boardroom (details and link will be shared in an email prior to the meeting).

It's always scheduled for the 4th Thursday of the month. We need your involvement in the Family Council. 30 minutes of your time, one time a month is very important.

Guest speakers: We will have Jenny Steward speak to the Family Council at our May 22 meeting. Jenny is the new Director or Care at the Bennett Centre. We look forward to hearing her first impressions of the Bennett Centre and what her priorities will be. W

Annual Bennett Staff Nurses Week Appreciation Day: On Wednesday, May 14, the Family Council is hosting an appreciation lunch and giving a gift to all the deserving Bennett staff. We are in the midst of the campaign to raise funds for this event. It's not too late to contribute. Please give what you can!

Neil & Rick

Co-Chairs, Bennett Centre Family Council

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